

Deck Dancin'

拍数: 64 墙数: 4 级数: Improver
编舞者: Helen A. Walker (UK) - December 2009
音乐: Stagger Lee - Lloyd Price



Alternatives:

Slow: Sea of Love, Phil Phillips and the Twilights.

Faster: Bad Romance by Lady Gaga

Different: Perhaps. Ginger Spice

Will work to any 50's style music, music 120 to 136 bpm and much, much more!!!

S1. Side behind kick ball step, rock , 1/4 turn and triple step.

1, 2 Step right foot to the right with weight, cross left foot behind right.
3&4 Kick right foot out, take weight into ball of right foot then step down with left.
5, 6 Step onto right and turn 1/4 left taking weight onto left.
7&8 Triple step forward on right, left right.

S2. Side behind, kick ball step, rock, 1/4 turn triple step.

1, 2 Step left foot to the left side with weight, cross right foot behind.
3&4 Kick left foot out, take weight onto ball of left foot, then step down with right.
5, 6 Step onto left and turn 1/4 right taking weight onto right.
7, 8 Walk forward on left, touch right toe in place.

S3. Syncopated jumps, cross unwind 1/2 turn

&1&2 Take right foot back on & present left heel (1) bring left foot home and cross right over left with weight
3, 4 unwind 1/2 turn left ending with weight on right
&5&6 Take left foot back on & present right heel (5) bring right foot home and cross left over right with weight
7, 8 unwind 1/2 turn right ending with weight on left

S4. Rock back triple 1/2 turn, rock triple forward

1, 2 Rock back with right foot, recover weight on left
3&4 triple 1/2 turn left with right, left right
5, 6 Rock back with left foot, recover weight on right
7&8 Triple forward with left , right, left

S5. Step 1/2 turns and 1/4 rumba turn

1, 2 Step right foot forward, turn 1/2 left weight on left
3, 4 Step right foot forward, turn 1/2 left weight on left
5-8 Step right forward completing two 1/8 paddles turns equaling a further 1/4 turn left.

S6. Heel switches and struts

1&2& Take right heel forward, replace on (&) switch left heel out, then replace on (&)
3, 4 Present right heel and snap toe down.

S5. Step 1/2 turns and 1/4 rumba turn

1,2 Step right foot forward, turn 1/2 left weight on left
3,4 Step right foot forward, turn 1/2 left weight on left
5-8 Step right forward completing two 1/8 paddles turns equaling a further 1/4 turn left.

S6. Heel switches and struts

1&2& Take right heel forward, replace on (&) switch left heel out, then replace on (&)

3,4 Present right heel and snap toe down.
5&6& present left heel forward, replace on (&) switch right heel out then replace on (&)
7,8 Present left heel and snap toe down

S7. Rock forward triple round complete turn, rock back.

1,2 Rock right foot forward, take weight on left.
3&4 Triple step right, left right turning 1/2 to the right
5&6 Triple step left, right left continuing to turn another 1/2 right
7,8 Right rock back, replace weight on left.

S8. Shimmy right, 1/2 turn, hold, shimmy left 1/2 turn, hold (hinge turns)

1, 2 Shimmy to the right.
3, 4 Pivot on right foot turning 1/2 right
5, 6 Shimmy to the left
7, 8 pivot on left foot to turn 1/2 left

End of dance begin again and have fun, Helen!

Remember to reserve all your deck dancing for that special someone!
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